

# Concord NEW Kids!



Each family attends 6 weekly classes for 90 minutes. Each class has:

- Information about healthy eating for the whole family
- Fun Physical Activity
- Tips to help your family eat right and exercise

- FREE classes for families with overweight children ages 6-12\*
- FREE prizes and healthy snacks
- Bilingual classes in Spanish and English

**\*At least one parent/guardian must attend with the child. Permission and/or provider referral by your medical doctor is required.**

To enroll your child into the NEW (Nutrition, Exercise, and Wellness) Program please contact your coordinator in the area. **Call TODAY!**

Contact person: Ana Villalobos

revised 7/11

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